



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES  
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE  
CHILD AND ADULT CARE FOOD PROGRAM  
**MENU – USDA REQUIREMENTS**

NAME OF CENTER/FACILITY Intermediate Eat Smart Center #2

WEEK OF Week 1

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>					
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable <b>5x whole F/V, 1x fresh</b>	Peaches- canned, unsweetened	Pineapple- canned, unsweetened	Fruit Cocktail- canned, unsweetened	Pears- canned, unsweetened	Cantaloupe- fresh
Grains/Bread Component <b>2x Whole Grain</b>	Cheerios cereal (WG)	Kix cereal (WG)	French Toast Sticks	Toast	Cream of Wheat
Other Foods <b>1x sweet</b>			Syrup (sweet)		
<b>LUNCH</b>	Taco Beef Casserole	Turkey Sandwich	Chicken Nuggets (CN)	Spaghetti with Meat Sauce	Chicken Sandwich
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Green Beans- canned	Tator Tots- frozen	French Fries- frozen	Salad Mix- fresh	Broccoli- fresh
<b>5x fresh</b>	Cucumbers- fresh	Peas- canned	Spinach- fresh	Corn- canned	Sliced Oranges- fresh
Grains/Bread Component <b>4x Whole Grain</b>	Whole Wheat Bread (WG)	Whole Wheat Bread (WG)	Whole Wheat Bread (WG)	Whole Wheat Spaghetti (WG)	Hamburger Buns
Meat or Meat Alternate <b>1x highly processed</b>	Ground Beef	Turkey	Chicken Nuggets (CN)	Ground Beef	Chicken Breast
Other Foods				Spaghetti Sauce	
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>					Cheese Crackers
Fluid Milk				1% Milk	
Juice, Fruit, or Vegetable <b>2x whole fruits/vegetable</b>	Sliced Apples- fresh		Cucumbers- fresh		
Grains/Bread Component <b>2x Whole Grain, 1x sweet</b>	Oatmeal Cookies (sweet)	Pretzels	Wheat Thins (WG)	Teddy Grahams	Triscuits (WG)
Meat or Meat Alternate <b>2x Meat/Meat Alternate</b>		Peanut Butter			Sliced Cheese
Other Foods					

MO 580-1463 (6-04)

\*Sweet Snack includes sweet items and grain-based snack chips/croissants

\*\*WG = whole grain

\*\*\*HM = home made

CACFP-218



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WEEK OF Week 2

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>					
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable <b>5x whole F/V, 2x fresh</b>	Apple slices- fresh	Sliced Oranges- fresh	Applesauce- unsweetened	Pineapple- canned, unsweetened	Peaches- canned, unsweetened
Grains/Bread Component <b>3x Whole Grain, 0x sweet</b>	Cream of Wheat	Oatmeal (WG)	Kix cereal (WG)	Cheerios cereal (WG)	Biscuits
Other Foods					
<b>LUNCH</b>	Baked Chicken	Hot Dogs	Beef Casserole	Grilled Cheese	Beef Tacos
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Peas- canned	Baked Beans- canned	Green Beans- canned	Tomato Soup (HM)	Shredded Lettuce- fresh
<b>5x fresh</b>	Sliced Oranges- fresh	Cole Slaw- fresh	Carrots- fresh	Fruit Cocktail- canned, unsweetened	Tomatoes- fresh
Grains/Bread Component <b>3x Whole Grain</b>	Brown Rice (WG)	Hot Dog Buns	Whole Wheat Bread (WG)	Whole Grain Multi-Grain Bread (WG)	Taco Shells
Meat or Meat Alternate <b>1x highly processed</b>	Chicken	Hot Dog	Ground Beef	Cheese	Ground Beef
Other Foods					
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>		Peanut Butter Crackers		Cheese Crackers	
Fluid Milk	1% Milk				
Juice, Fruit, or Vegetable <b>3x whole fruits/vegetable</b>			Banana- fresh	Grapes- fresh	Sliced Oranges- fresh
Grains/Bread Component <b>2x Whole Grain, 1x sweet</b>	Animal Crackers	Triscuits (WG)	Vanilla Wafers (sweet)	Wheat Thins (WG)	Graham Crackers
Meat or Meat Alternate <b>2x Meat/Meat Alternate</b>		Peanut Butter		Cheese Slice	
Other Foods					



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WEEK OF Week 3

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>					
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable <b>5x whole F/V, 2x fresh</b>	Blueberries- fresh	Applesauce- unsweetened	Peaches- canned, unsweetened	Pears- canned, unsweetened	Sliced Apples- fresh
Grains/Bread Component <b>3x Whole Grain</b>	French Toast Sticks	Biscuits	Cheerios cereal (WG)	Kix cereal (WG)	Oatmeal (WG)
Other Foods <b>1x sweet</b>	Syrup (sweet)				
<b>LUNCH</b>	Taco Beef Casserole	Ham and Cheese Casserole	Tuna Casserole	Baked Chicken Breast	Chicken Stir-Fry
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables  <b>3x fresh</b>	Cucumber- fresh	Vegetable Medley- frozen	Peas- canned	Sliced Tomatoes- fresh	Mixed Vegetables- canned
	Corn- canned	Fruit Cocktail- canned, unsweetened	Carrots- fresh	Tator Tots- frozen	Pineapple- canned, unsweetened
Grains/Bread Component <b>5x Whole Grain</b>	Whole Wheat Bread (WG)	Whole Wheat Elbows (WG)	Whole Wheat Spaghetti (WG)	Whole Wheat Bread (WG)	Brown Rice (WG)
Meat or Meat Alternate <b>0x highly processed</b>	Ground Beef	Ham, Cheese	Tuna	Chicken	Chicken
Other Foods					
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>		Snack Mix		Cheese Crackers	
Fluid Milk		1% Milk			1% Milk
Juice, Fruit, or Vegetable <b>2x whole fruits/vegetable</b>	Sliced Oranges		Sliced Apples		
Grains/Bread Component <b>2x Whole Grain, 1x sweet</b>	Graham Crackers	Cheez Its, Pretzels	Wheat Thins (WG)	Triscuits (WG)	Fig Bars (sweet)
Meat or Meat Alternate <b>2x Meat/Meat Alternate</b>			Peanut Butter	Cheese	
Other Foods					

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WEEK OF Week 4

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	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>				Peach Cream of Wheat	
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable <b>5x whole F/V, 3x fresh</b>	Sliced Oranges- fresh	Strawberries- fresh	Apple Slices- fresh	Peaches- canned, unsweetened	Mixed Fruit- canned, unsweetened
Grains/Bread Component <b>3x Whole Grain, 0x sweet</b>	Oatmeal (WG)	Corn Flakes cereal	Kix cereal (WG)	Cream of Wheat	Biscuits
Other Foods					
<b>LUNCH</b>	Turkey Sandwich	Hamburger Casserole	Hot Dogs	Baked Chicken	Lean Ham
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	French Fries- frozen	Peas- canned	Baked Beans- canned	Cabbage- fresh	Mixed Vegetables- canned
<b>4x fresh</b>	Spinach- fresh	Pineapple- canned, unsweetened	Tropical Fruit- canned, unsweetened	Whole Potatoes- fresh	Broccoli- fresh
Grains/Bread Component <b>3x Whole Grain</b>	Whole Wheat Bread (WG)	Whole Grain Multi-Grain Bread (WG)	Hot Dog Buns	Corn Bread	Whole Wheat Bread (WG)
Meat or Meat Alternate <b>1x highly processed</b>	Roasted Turkey	Ground Beef	Hot Dogs	Chicken	Ham
Other Foods					
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>				Cheese Crackers	
Fluid Milk					1% Milk
Juice, Fruit, or Vegetable <b>3x whole fruits/vegetable</b>	Bananas- fresh	Cucumbers- fresh	Grapes- fresh		
Grains/Bread Component <b>2x Whole Grain, 1x sweet</b>	Teddy Grahams	Pretzels	Animal Crackers	Wheat Thins (WG)	Granola Bar (WG) (sweet)
Meat or Meat Alternate <b>1x Meat/Meat Alternate</b>				Cheese	
Other Foods					